

	JUMPS	SPINS	STEP SEQUENCE
<b>Aspire 1 Free Skate</b> 1:40 Max	<p><b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>Waltz jump</li> <li>½ flip</li> <li>½ lutz</li> </ul> <p><b>Max 1 jump sequence</b> <i>Permitted sequence:</i></p> <ul style="list-style-type: none"> <li>Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<p><b>Maximum 2 spins:</b> <i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>Two-foot spin</li> <li>Forward one foot spin (free foot optional)</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>One ½ of the ice</li> </ul>
<b>Aspire 2 Free Skate</b> 1:40 Max	<p><b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>Any jump from Aspire 1</li> <li>Single Salchow</li> <li>Single Toe loop</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b> <i>Permitted combinations:</i></p> <ul style="list-style-type: none"> <li>Waltz jump/toe loop</li> <li>Salchow/toe loop</li> </ul> <p><i>Permitted jump sequence:</i></p> <ul style="list-style-type: none"> <li>Waltz jump/waltz jump with no turns or hops in between</li> </ul>	<p><b>Maximum 2 spins:</b> <i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>Any spin from Aspire 1</li> <li>Back upright spin</li> <li>Sit Spin</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>One ½ of the ice</li> </ul>
<b>Aspire 3 Free Skate</b> 1:40 Max	<p><b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>Any jump from Aspire 1 and 2</li> <li>Euler (half-loop)</li> <li>Single loop</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b></p>	<p><b>Maximum 2 spins:</b> <i>Required spin:</i></p> <ul style="list-style-type: none"> <li>Forward upright spin to back upright spin combination</li> </ul> <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>Any spin from Aspire 1 and 2</li> <li>Camel Spin</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>One ½ of the ice</li> </ul>
<b>Aspire 4 Free Skate</b> 1:40 Max	<p><b>Maximum 5 jump elements:</b> <i>Permitted jumps:</i></p> <ul style="list-style-type: none"> <li>Any jump from Aspire 1, 2 and 3</li> <li>Single Flip</li> <li>Single Lutz</li> </ul> <p><b>Max 2 jump combinations, or 1 jump combination and 1 jump sequence</b></p>	<p><b>Maximum 2 spins:</b> <i>Required spin:</i></p> <ul style="list-style-type: none"> <li>Forward camel to sit spin combination</li> </ul> <p><i>Permitted spins:</i></p> <ul style="list-style-type: none"> <li>Any Spin from Aspire 1, 2 and 3</li> </ul>	<p><b>Maximum 1 Sequence:</b> <i>Choreographic Step Sequence (ChSt)</i></p> <ul style="list-style-type: none"> <li>One ½ of the ice</li> </ul>

### Clarifications:

#### Jumps:

##### All Levels

- Maximum 2 of any same jump

##### Aspire 1 and 2

- Euler is not permitted

#### Jump Sequence:

##### Aspire 3 and 4

- A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump

#### Jump Combinations:

##### Aspire 3 and 4

- Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps

#### Spins:

##### All Levels

- Minimum 3 revolutions
- No flying entry
- A Spin may not be repeated
- Basic positions only

##### Aspire 3 and 4

- One spin must be the required spin
- Second spin must be a spin in one position

#### Step Sequence:

##### All Levels

- Jumps may be included in the step sequence
- Moves in the field and spiral sequences are allowed but will not be counted as elements

# 2024 Excel Program Requirements

<p><u><a href="#">Excel Beginner</a></u> &amp; <u><a href="#">Excel High Beginner</a></u></p>	<p><u>To reduce redundancy and to create a clearer pipeline, Excel Beginner and Excel High Beginner have been folded into the Aspire Program pipeline.</u></p> <p><u>Excel Beginner most closely matches Aspire 2.</u> <u>Excel High Beginner most closely matches Aspire 3.</u></p> <p><u>Please see the Aspire charts for specific program requirements and more information</u></p>		
<p><b>Excel Pre-Preliminary</b> <b>1:40 Max</b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>○ No single Axels, double, or higher jumps allowed</li> <li>○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be in a single position with no change of foot* <ul style="list-style-type: none"> <li>○ No flying entry</li> <li>○ Minimum 3 revolutions</li> </ul> </li> <li>• <u>One spin may be either a single position spin with no change of foot or a combination spin with or without a change of foot</u> <ul style="list-style-type: none"> <li>○ No flying entry</li> </ul> </li> <li>• Spins must be of a different character</li> </ul> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> <li>○ <u>Must be clearly visible</u></li> </ul> </li> </ul>
<p><b>Excel Preliminary</b> <b>2:00 +/- 10 sec</b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• All single jumps allowed, except for the Axel <ul style="list-style-type: none"> <li>○ No single Axels, double, or higher jumps allowed</li> <li>○ Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump into the take-off curve of the waltz jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• One spin must be a camel or layback spin with no change of foot and no change of position* <ul style="list-style-type: none"> <li>○ No flying entry</li> <li>○ Minimum 3 revolutions</li> </ul> </li> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> <li>○ No flying entry</li> </ul> </li> </ul> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>One Choreographic Sequence (pChSq)</u> <ul style="list-style-type: none"> <li>○ <u>Must be clearly visible</u></li> </ul> </li> </ul>

\*Denotes required element

# 2024 Excel Program Requirements

<p><b>Excel Preliminary Plus</b> 2:00 +/- 10 sec</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed, including single Axel <ul style="list-style-type: none"> <li>No double, or higher jumps allowed</li> <li>Single Axel and all other single jumps may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (<u>maximum 2 of any same jump</u>)</li> <li>Number of remaining single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>No flying entry</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>No flying entry</li> <li>Minimum 3 revolutions</li> </ul> </li> </ul> <p><u>Max Level: 1</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li><a href="#">One Choreographic Sequence (pChSq)</a> <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>
<p><b>Excel Pre-Juvenile</b> 2:00 +/- 10 sec</p> <p style="background-color: yellow; padding: 5px;"><i>Phased out as of January 1, 2024 to reduce redundancy</i></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>All single jumps allowed, except for the Axel</li> <li>No single Axels, double, or higher jumps allowed</li> <li>Maximum of two of any of the same jump, may be as solo jumps or part of jump combinations/sequence (<u>maximum 2 of any same jump</u>)</li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps</li> <li>A jump sequence consists of two or three jumps in which the second and/or the third jump is a waltz jump with a direct step from the landing curve of the first/second jump</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>No flying entry</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>No flying entry</li> <li>Minimum 4 revolutions</li> </ul> </li> </ul> <p>Spins must be of a different character</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li><a href="#">One Choreographic Sequence (pChSq)</a> <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>
<p><b>Excel Pre-Juvenile Plus</b> 2:00 +/- 10 sec</p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>1 must be an Axel-type jump or a waltz jump*</li> <li>All single jumps, including the single Axel, allowed.</li> <li>Only 1 double jump may be attempted (limited to double Salchow or double toe loop) <ul style="list-style-type: none"> <li>Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> </ul> </li> <li>Axel and all other singles may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination. (<u>maximum 2 of any same jump</u>)</li> <li>No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence.</li> <li>Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>Minimum 6 revolutions</li> <li>No flying entry</li> </ul> </li> <li>1 spin with only 1 position* <ul style="list-style-type: none"> <li>No change of foot</li> <li>Spin may start with flying entry</li> <li>Minimum 4 revolutions</li> </ul> </li> </ul> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li><a href="#">One Choreographic Sequence (pChSq)</a> <ul style="list-style-type: none"> <li>Must be clearly visible</li> </ul> </li> </ul>

\*Denotes required element

# 2024 Excel Program Requirements

<p><b>Excel Juvenile</b>  <b>2:30 +/- 10 sec</b>  <b><u>2<sup>nd</sup> half bonus: 1:15</u></b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps allowed, including Axel <ul style="list-style-type: none"> <li>○ No double or higher jumps allowed</li> <li>○ Axel <a href="#">and all other singles</a> may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (<a href="#">maximum 2 of any single jump</a>)</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Juvenile Plus</b>  <b>2:30 +/- 10 sec</b>  <b><u>2<sup>nd</sup> half bonus: 1:15</u></b></p>	<p><b>Maximum 5 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be part of a jump combination or sequence</li> <li>○ Axel <a href="#">and all other singles</a> may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (<a href="#">maximum 2 of any single jump</a>)</li> </ul> </li> <li>• Max 2 jump combinations, or 1 jump combination and 1 jump sequence <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry</p> <p><u>Max Level: 2</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">One leveled step sequence*</a> <ul style="list-style-type: none"> <li>○ <a href="#">Only Minimum Variety (5 turns) will be evaluated for the level</a></li> <li>○ <a href="#">Must fully utilize the ice surface</a></li> </ul> </li> </ul> <p><u>Max Level: 1</u></p>

\*Denotes required element

# 2024 Excel Program Requirements

<p><b>Excel Intermediate</b> 3:00 +/- 10 sec</p> <p><b><u>2<sup>nd</sup> half bonus: 1:30</u></b></p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 2 different double jumps may be attempted (limited to double Salchow and double toe loop) <ul style="list-style-type: none"> <li>○ Double loop, double flip, double Lutz, double Axel and higher jumps not allowed.</li> <li>○ Single Axel and only 1 double jump may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination.</li> <li>○ Number of single jumps, excluding single Axel, is not limited provided the maximum number of jump elements allowed is not exceeded.</li> </ul> </li> <li>• Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• Choreographic Step Sequence* (ChSt) <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul>
<p><b>Excel Intermediate Plus</b> 3:00 +/- 10 sec</p> <p><b><u>2<sup>nd</sup> half bonus: 1:30</u></b></p>	<p><b>Maximum 6 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 3 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop and double flip) <ul style="list-style-type: none"> <li>○ Double Lutz, double Axel and higher jumps not allowed.</li> <li>○ Only 2 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination.</li> <li>○ <u>Axel may be repeated once (but not more) as a solo jump or part of a jump sequence or jump combination (maximum 2 single Axels)</u></li> <li>○ Number of <u>remaining</u> single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 2 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 8 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 spin with only 1 position* <ul style="list-style-type: none"> <li>○ No change of foot</li> <li>○ Minimum 5 revolutions</li> </ul> </li> </ul> <p>Both Spins may start with a flying entry</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <u>One leveled step sequence*</u> <ul style="list-style-type: none"> <li>○ <u>Only Minimum Variety (5 turns) &amp; Simple Variety (7 turns) and rotation in each direction covering at least 1/3 of the pattern in each direction will be evaluated for the level</u></li> <li>○ <u>Must fully utilize the ice surface</u></li> </ul> </li> </ul> <p><u>Max Level: 2</u></p>

\*Denotes required element

# 2024 Excel Program Requirements

<p><b>Excel Novice</b> <b>3:30 +/- 10 sec</b></p> <p><b><u>2<sup>nd</sup> half bonus: 1:45</u></b></p>	<p><b>Maximum 7 jump elements:</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single jumps, including the single Axel, allowed.</li> <li>• Only 4 different double jumps may be attempted (limited to double Salchow, double toe loop, double loop, double flip and double lutz) <ul style="list-style-type: none"> <li>○ Double Axel and higher jumps not allowed</li> <li>○ Only 3 different double jumps may be repeated once (but not more), and if repeated, must be part of a jump sequence or jump combination</li> <li>○ Number of single jumps is not limited provided the maximum number of jump elements allowed is not exceeded</li> </ul> </li> <li>• Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel with a direct step from the landing curve of the first/second jump <u>into the take-off</u> curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ Minimum 2 revolutions in each position</li> </ul> </li> <li>• 1 flying spin with no change of foot or position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 3<sup>rd</sup> spin is option of skater</li> </ul> <p>All spins may start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 3</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul> <p><u>Max Level: 3</u></p>
<p><b>Excel Junior</b> <b>3:30 +/- 10 sec</b></p> <p><b><u>2<sup>nd</sup> half bonus: 1:45</u></b></p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed, except the double Axel. <ul style="list-style-type: none"> <li>○ Double Axel and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> </ul> </li> <li>• Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is a single Axel jump with a direct step from the landing curve of the first/second jump into the take-off curve of the single Axel jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revolutions in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry Spins must be of a different character</p> <p><u>Max Level: 4</u></p>	<p><b>Maximum 1 Sequence:</b></p> <ul style="list-style-type: none"> <li>• <a href="#">One Choreographic Sequence (ChSq)</a> <ul style="list-style-type: none"> <li>○ <a href="#">Must be clearly visible</a></li> </ul> </li> </ul>

\*Denotes required element

# 2024 Excel Program Requirements

<p><b>Excel Senior</b>  <b>4:00 +/- 10 sec</b></p> <p><b><u>2nd half bonus: 2:00</u></b></p>	<p><b>Maximum 7 jump elements</b></p> <ul style="list-style-type: none"> <li>• 1 must be an Axel-type jump*</li> <li>• All single and double jumps allowed, including the double Axel. <ul style="list-style-type: none"> <li>○ Triple and higher jumps not allowed</li> <li>○ No double jump can be included more than twice, and if repeated, at least 1 attempt must be as part of a jump combination or sequence</li> </ul> </li> <li>• Max 3 jump combinations, or 2 jump combinations and 1 jump sequence. <ul style="list-style-type: none"> <li>○ Jump combinations and jump sequences are limited to two jumps except that one jump combination or one jump sequence may include three jumps.</li> <li>○ A jump sequence consists of two or three jumps in which the second and/or the third jump is an Axel-type jump with a direct step from the landing curve of the first/second jump into the take-off curve of the Axel-type jump.</li> </ul> </li> </ul>	<p><b>Maximum 3 spins:</b></p> <ul style="list-style-type: none"> <li>• 1 spin combination, with or without change of foot* <ul style="list-style-type: none"> <li>○ Minimum 10 revolutions</li> <li>○ All 3 basic positions with minimum 2 revs in each position for highest base value</li> </ul> </li> <li>• 1 spin with a flying entry* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> <li>• 1 spin with only one position* <ul style="list-style-type: none"> <li>○ Minimum 6 revolutions</li> </ul> </li> </ul> <p>All spins may change feet and start with a flying entry  Spins must be of a different character</p> <p><u>Max Level: 4</u></p>	<p><b>Maximum 2 Sequences:</b></p> <ul style="list-style-type: none"> <li>• One leveled step sequence* <ul style="list-style-type: none"> <li>○ Must fully utilize the ice surface</li> </ul> </li> </ul> <p><u>Max Level: 4</u></p> <ul style="list-style-type: none"> <li>• One Choreographic Sequence* (ChSq) <ul style="list-style-type: none"> <li>○ Must be clearly visible</li> </ul> </li> </ul>
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\*Denotes required element